



**Contact:**

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Deer Oaks is proud to offer Health and Wellness Seminars that include a range of topics which assist the individual in their personal, family, social and work settings. All seminars and programs can be conducted at the work-location of your choice.

**Seminars Topics Include:**

- |  |  |
|--|--|
| ✓ Exercise and Nutrition to Reduce Stress    | ✓ Organization Skills                          |
| ✓ Smoking Cessation                          | ✓ Simplify Your Life                           |
| ✓ Addictive Behaviors                        | ✓ When Should I Get Help? When to Call the EAP |
| - exercise/dieting, gambling, workaholics    | ✓ Dealing with Difficult People                |
| ✓ Signs of an Eating Disorder                | ✓ Dealing with Change                          |
| ✓ Signs of an Alcohol or Drug problem        | ✓ Reducing Job Stress                          |
| ✓ Healthy Communication Patterns             | ✓ How to Deal with the Holiday Blues           |
| ✓ Solving Interpersonal Conflicts on the Job | ✓ Impulsivity and Violence                     |
| ✓ Anger Management                           | - Recognizing the Silent Dangers               |
| ✓ Stress Management                          | ✓ Coping with Obstacles and Failure            |
| ✓ Time Management                            | ✓ Assertiveness Training                       |
| ✓ Disease Management                         | ✓ "Ask A Physician"                            |
| ✓ Financial Stress and Behavioral Solutions  | - On-site seminar with a Medical Doctor        |

*\*Additional seminar topics can be developed at the employer group's request.*

**Additional Programs\*\*:**

- ✓ Matter of the Heart Program
  - Behave Well: Health and Wellness Psycho-educational Support Program
    - Includes Individual Health Behavior Profiles with a Behave Well Coach
  - MyLife Disease Management Psychological Support Services
- ✓ Breathe LIFE - Smoking Cessation Program
- ✓ Think Light Eat Right – A Healthy Weight Management Program
- ✓ 24-Hour Nurseline – URAC Accredited
- ✓ Enhanced Work-Life Website - Thousands of health related tools, tips and resources
- ✓ Health Fair Attendance offering Free Stress Tests and valuable tips on a variety of health related topics.
- ✓ Health Risk Assessments – Available online, HIPPA Compliant summary reports submitted to employer group
- ✓ Gatekeeper
  - Offers employees and their families one phone number to call to access both their EAP and mental health/substance abuse benefit with convenience and ease of access
  - Employers realize significant medical cost savings by ensuring cases can benefit from short-term counseling and referrals are being referred to the EAP.

**Online Resources:**

- ✓ Health & Wellness articles, tool, tips, and calculators available 24/7 at [www.deeroaks.com](http://www.deeroaks.com)
- ✓ Monthly E-Newsletters on Health Topics

**\*\* Please call Deer Oaks for more information about these and many other programs available.**